

Chapter 11

WHY DO WE FALL ILL?

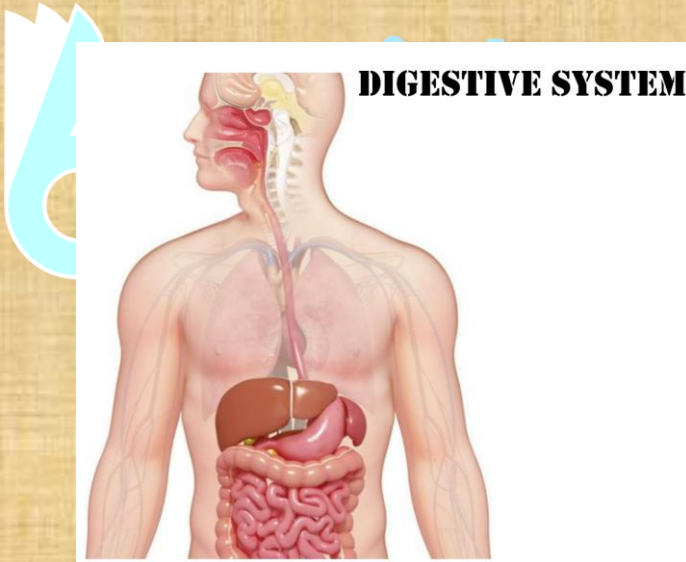
Disease and its causes:

We know that we are made up of cells and these cells make up the tissues, they in-turn form the organ. Organ forms the organ system. Organ systems have specific functions to perform.

E.g.

Our **digestive** system, which

- Comprises of stomach, intestines etc.
- Helps in food digestion and absorption.



Whereas,

Our **musculoskeletal** system, which

- Comprises of skeleton and bones.
- Helps in locomotion and in holding the body parts together.



MUSCULOSKELETAL SYSTEM

During diseased condition, the functioning or appearance of one or more organ systems will become bad.

E.g. During pneumonia, our breathing capacity is reduced.

Symptoms vs Signs:

Symptoms of disease are,

- Things we feel as being wrong.
- For example, headache, cough, loose motions etc. are all symptoms.
- They indicate that there is a disease, but they don't tell what the disease is.

Example:

Headache might mean stress or meningitis, we are not sure of which one.

Now what are the signs of disease, they are the

- Things physicians feels as wrong.
- They give a better indication of the presence of particular disease.
- They are objective evidence.
- Physicians do lab tests to pinpoint the disease.

Diseases are classified into two based on its duration. First one is

Acute diseases:

They will be present for very short period and terminated very soon and they will have minor effects on health.

E.g. Cold/Cough

Second one is,

Chronic Diseases:

- They are present for long period of time.
- They are terminated very late.

They will have major effects long-term effects. For example, we might lose weight or breathing capacity or ability to learn).

Ex. Tuberculosis of lung / Elephantiasis

Acute disease if not treated properly on time, might later become chronic and cause severe damage to the body.

Ex. If cough is not treated properly, you might end up in pneumonia.

Causes of disease:

Let us take an example of a baby suffering from loose motion to understand the various levels of causes for the disease. Loose motion is due to virus.

- The first level of cause is the immediate cause of disease, which is virus.
- Second level of cause might be malnutrition. The baby is not healthy because of the lack of proper food and hence becomes diseased quickly.
- The third level of cause is the lack of public services. For example, if the virus came through unclean drinking water, it means that the public service

cannot provide clean drinking water or there is no such agency to provide clean water to that particular locality.

A disease will have an immediate cause, which is the virus in this case and the rest are called contributory causes.

